

Written on MAY 14, 2012 AT 8:00 AM byJWICK

National Women’s Health Week May 13-19

Filed under FAMILIES, FORCE HEALTH AND SAFETY, HEALTH (NO COMMENTS)



It’s your time!

National Women’s Health Week is a weeklong health observance coordinated by the U.S. Department of Health and Human Services’ [Office on Women’s Health](#). It brings together communities, businesses, government, health organizations, and other groups in an effort to promote women’s health. The theme for 2012 is “It’s Your Time.” National Women’s Health Week empowers women to make their health a top priority. It also encourages women to take the following steps to improve their physical and mental health and lower their risks of certain diseases:

- Visit a health care professional to receive regular checkups and [preventive screenings](#).
- [Get active](#).
- [Eat healthy](#).
- Pay attention to [mental health](#), including getting enough sleep and managing stress.
- Avoid unhealthy behaviors, such as [smoking](#) and not wearing a seatbelt or bicycle helmet.

[Learn more about National Women’s Health Week](#).

[TRICARE](#) offers their female beneficiaries exams to protect their health. TRICARE covers health screenings and examinations – often conducted at regular intervals – which are meant to keep you healthy or detect health problems in a timely manner.

TRICARE covers annual mammogram examinations for women 40 and older and, at a physician’s discretion, for women younger than 40 who are at high risk of developing breast cancer. There is no cost for screening mammograms. Contact your local [Naval medical center, hospital or clinic](#) to set-up an appointment. Military members or their beneficiaries can click [here](#) for more information or to make an appointment or contact your health care

Navy Medicine Video

Navy Medicine is a global healthcare network of 63,000 Navy medical personnel around the world who provide high quality health care to more than one million eligible beneficiaries. Navy Medicine personnel deploy with Sailors and Marines worldwide, providing critical mission support aboard ship, in the air, under the sea and on the battlefield.

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provider to schedule an appointment.

Take advantage of your TRICARE benefits to get the checkups, preventive services and treatment you need to keep healthy. You can learn more about women-specific health issues at www.womenshealth.gov.

Blog content from the [Centers for Disease Control and Prevention](#) and [TRICARE.mil](#).

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